

KANAB CITY YOUTH SOCCER

RULE BOOK & COACH'S MANUAL FALL 2019

Mission Statement and General Guidelines

The Kanab City Youth Soccer League is dedicated to providing a fun and safe opportunity for Youth in Kane County to develop athletic skills, self-confidence, and a sense of community. To that end the specific rules and regulations of each league may vary by age and from season to season. However, the following rules and guidelines will be followed.

- **Playing Time:** Each player shall have equal opportunity to play and equal time on the field as much as reasonably possible. Substitutes should return to the game only in the order that they left the game.
- **Skill Development:** Teams shall be divided in a manner to promote an equal skill level across teams in the same league. Practices are encouraged where players can develop individual and team playing skills.
- **Safety:** Slide Tackling is strictly prohibited. Intentional kicking, hitting, pushing or other types of fighting are cause for a player to be removed from the field immediately (send-off). Multiple violations are cause for ejection from the game and field for the remainder of the game or multiple games.
- **Sportsmanship:** Teams are allowed to keep score and keep track of their "win-loss" record but no official records will be kept. Coaches will encourage their team to have fun and develop skills above winning.

General Rules

1. **Coaches Agreement:** If there is a discrepancy among any rules, the coaches of each playing team may agree on how to resolve the discrepancy for purposes of the current game. If an agreement cannot be made quickly the referee on the field has the final say on interpretation and implementation of these rules. If any coach desires to change a rule for a particular game the rule can be changed so long as all of the coaches agree unless the referee determines that the rule change will result in an unsafe condition.
2. **Start of the Game:** A Coach or referee shall conduct a coin toss. The winning team will decide whether to kick off the first half or the second half. The losing team will decide which side of the field to defend during the first half. For the second half of the game the teams will switch sides.
3. **Kick Off:** A kick off takes place at the beginning of each half and after each goal. Each team shall initially remain on their side of the field. All players except for two offensive players from the kick off team will remain outside of the center circle. One of the offensive players will conduct the kick off by kicking/passing the ball in any direction (note this rule change, it does not have to move

forward). The player kicking the ball may not touch the ball again until another player touches the ball (no dribbling). After the initial kick any player may enter the center circle and/or cross into the other side of the field. The referee will indicate that a kick off may proceed with one short whistle blow. It is important to note that during a kickoff in Soccer the object is to keep possession of the ball by passing it to your team (unlike in American Football where the object is to give the ball to the other team).

4. Time Keeping, End of Half/Game: The official game time is kept by the head referee on the field. In general the game clock will not stop for any reason. In the referee's discretion the clock may stop during injuries. If the clock does not stop during injuries the referee will add time to the end of the current half to make up for the approximate down time during the injury (referred to as stoppage time). Each half will be twenty (20) minutes with a ten (10) minute half time. The referee will signal the end of each half with three long whistle blows or some other distinctive whistle blow. The referee will not end the game or half until the game time and any stoppage time have run out and no team has possession of the ball with an immediate potential to score. If time runs out after an out of bounds that would result in a corner kick, the corner kick is taken before the game is allowed to end.
5. Goals: a goal is scored if the ball completely crosses the end line between the three goal posts. The referee will indicate a goal with one long whistle blow. The non-scoring team will then be awarded a kick off to resume the game.
6. Use of Hands: No player may use any portion of their hand or arm to touch or control the ball except for a goalie within the goalie area (penalty box). Any use of hands or arms results in a free direct kick by the opposing team at the location of the violation (unless the rules of the specific league state otherwise). An inadvertent use of the upper arm that does not direct the ball or provide an advantage does not result in a penalty. For the free kick, the opposing team shall be more than five yards from the ball. Upon request only, the referee will stop play, measure the distance and indicate how far back the defending team must stand from the ball. The referee will signal a hand ball with one short whistle blow, point to or touch one of his arms to indicate there was a hand ball, and then point in the offensive direction of the team awarded the free kick. If necessary the referee will indicate where the ball should be placed. If the defensive team's use of hands occurs in the penalty box the offensive team is awarded a penalty kick which is described below.
7. Fouls: A player commits a foul by pushing, shoving, or using arms in any way to contact another player other than inadvertent touching that results from close proximity. Bumping with hips and tripping is also cause for a foul when more than five yards away from a ball. In closer proximity to the ball, contact other than the hands is expected and is given greater leeway. No foul is committed if the player first touches the ball and then makes contact with the other player so long as the movement was clearly to get to the ball and not intended to primarily make contact with the other player. In the event of a foul, a free direct kick will be awarded in the same manner as a hand ball. The referee will indicate a foul with a whistle blow while raising one arm directly in the air, followed by an action indicating the type of foul (arm movements that indicate pushing, pointing to the legs to indicate a trip, etc.) then pointing in the offensive direction of the team that is awarded a free direct kick.
8. Penalty Kicks: If a defensive player commits a foul or a hand ball in the penalty box a penalty kick is awarded. The referee places the ball approximately ten (10) yards from the center of the goal line. All players remain outside of the penalty box until the ball is kicked. One player from the offensive team kicks the ball attempting to score. The goalie from the defensive team stands on

the goal line until the ball is kicked and attempts to defend the goal. If the game is being played without a goalie any defensive team member may act as goalie for the duration of the penalty kick.

9. Out-of-Bounds: If the ball completely crosses over the lines on the sides of the field a throw-in will be awarded to the team which did not touch the ball last. A throw-in shall be performed using both hands by throwing the ball over the head from back to front in the direction the shoulders are facing, without any twisting of the arms or the waste and both feet touching the ground when the ball is thrown. If the ball completely crosses over the line at either end of the field the offensive team shall conduct a corner kick or the defensive team shall conduct a goal kick, whichever team did not touch the ball last. During a corner kick the offensive team shall kick the ball from the corner nearest where the ball left the field of play, within one yard of the corner. The opposing team must be at least five yards away from the ball. During a goal kick the defensive team will kick the ball from a location inside the goalie box or if there is no marked goalie box, within five yards of the goal. The opposing team shall be outside of the penalty box or if there is no marked penalty box, more than ten yards from the ball. During a goal kick the ball must be kicked outside of the penalty box and no player may touch the ball until that time. The head referee indicates an out-of-bounds with a short whistle blow. Sideline officials may also indicate an out of bounds by raising their flag and then pointing in the offensive direction of the team that is awarded the throw-in.
10. Off-Sides: This rule will not be enforced in 1st through 4th grade. Offensive players will however be encouraged not to “cherry pick” or remain at the end of the field when the ball is on the defensive end of the field. In the older leagues any offensive player cannot be further down field than the last two defensive players (including the goalie) unless the offensive player has the ball, the ball is further down the field than the offensive player, or the ball has been kicked in order to pass it to the offensive player and the offensive player passes the second to last defender after the ball has been kicked.
11. High-Kick Foul: If a player is within striking distance of another player he may not raise his foot above the waist to kick the ball or for any other purpose. This action is also a foul and results in a free direct kick.
12. Substitutions: A substitution may take place directly prior to a throw-in, corner kick, goal kick, or kick off. The coach will inform the referee of the substitution and the referee will hold play until the exiting players have left the field.
13. Shinguards and Shoes: Each player must have two shinguards that are covered by socks. There will be no exceptions. Each player must wear shoes which may be any athletic shoe including tennis shoes and cleats. If cleats are worn they must not be metal and there cannot be a cleat at the end of the toes (common in baseball and football cleats).
14. Number of Players: If a team is short players they may still play with up to two players less than required. Upon agreement with the coach of the opposing team, both teams may reduce the number of players on the field to be equal.
15. Injuries: If a player remains on the ground due to injury the referee shall immediately stop play if continued play presents a safety hazard to the player. If there is no immediate safety hazard to the injured player, play may continue if the team in possession of the ball has a reasonable opportunity to score. If play is stopped the referee will award a free kick to the team that had possession at the time of the stop. If there was no clear possession and no foul the referee will conduct a drop ball by dropping the ball in between one player from each team.

League Specific Rules and Rule Changes

Pre-School and Kindergarten League

This league is played in a camp or jamboree style. All players gather together with no set teams and no practices in between scheduled games. The Head Coach directs players in group practice for the first twenty (20) minutes. Although this time is dedicated to individual skills building, games are encouraged to make sure that the young players are engaged throughout the session. After a five to ten minute break the Head Coach divides players into teams of three or four for individual games of three-on-three or four-on-four depending on the number of players. Fields are not marked and regular goals, small goals or cones may be used for goals with no goalie. Parents of players will be asked to help coach individual games. No referees are used and rules are extremely relaxed. Coaches are encouraged to coach through the play, only reminding players of the rules verbally. Play should only be stopped to reset after a goal or if there are safety issues. Coaches may interact on the field at their discretion based on the skill level of the players. There are no out of bounds and therefore no throw-ins. A size 3 ball is used.

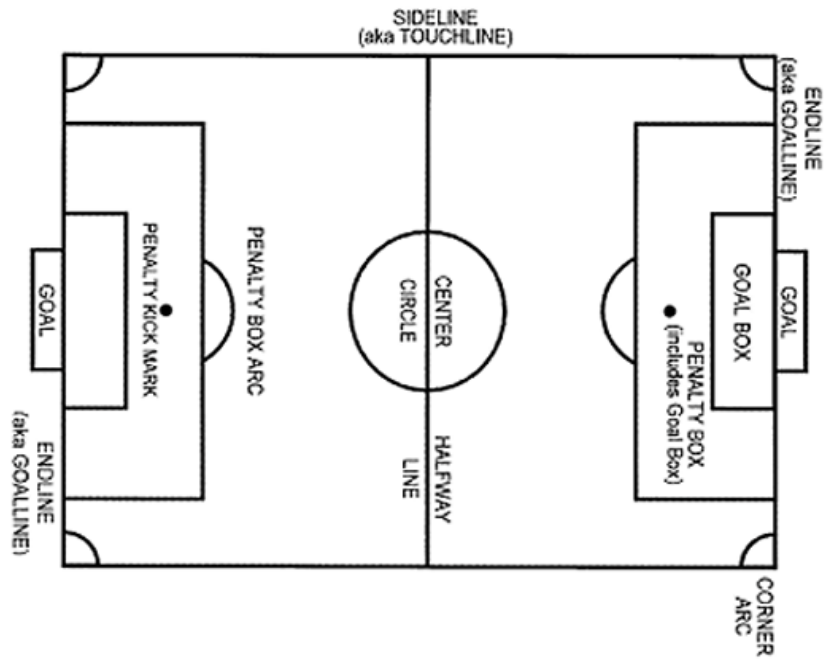
1st & 2nd Grade League

This league plays 7v7 on a half sized field. Out of bounds lines are clearly marked but other lines are not present. Throw-ins, goal kick and corner kicks are added. Throw-in violations are noted but only used as a coaching tool and play will not be stopped. Small goals with nets are used without a goalie. One head referee directs the play. Most rules continue to be relaxed to prevent stopping the game unnecessarily. Intentional hand balls and intentional fouls that create a safety hazard will result in a direct free kick, no penalty kicks. Other unintentional fouling does not need strict enforcement but should be used as a coaching opportunity for coaches and the referee. A size 3 ball is used. One coach from each team may be on the field to help coach and help place free kicks, corner kicks, goal kicks and throw-ins. Additional or secondary coaches should remain on the side of the field to coordinate substitutions. In any event coaches should try to stay out of the center of the field and should not interfere with play on the field.

3rd & 4th Grade, 5th & 6th Grade, and 7th, 8th, & 9th Grade Leagues

Due to odd team sizes these leagues will play as follows: 7v7 for 3rd-4th grade, 7v7 for 5th-6th grade, and 9v9 for 7th-9th grade. The fields are mostly full sized fields. Additional field lines are added including the penalty box (the area where the goalie is allowed the use of hands) and the goal box. Goalies are used. Two additional referees (linesman) are added to help determine rulings on out-of-bounds and off-sides. Players may be warned initially on unintentional hand balls and fouling at the discretion of the referee. Subsequent violations will result in a free direct kick. The referee has discretion to require that a throw-in be repeated if there is a violation. Throw-in violations never result in a turnover to the opposing team. A size 4 ball is used (size 5 for 7th- 9th grade). Coaches must remain off the field except for injuries. The offside rule is enforced in grades 5 through 9.

Field Diagram



BEGINNER COACHES MANUAL

A Typical Practice

Outline:

Warm-up Run and Stretch – 5 minutes

Individual skills – 15 minutes

- Passing
- Trapping
- Dribbling
- Changing directions
- Shooting/goal keeping
- Throw ins

Team Skills – 15 minutes

- Passing on the field
- Positions
- Talking on the field
- Kick off, Corner kicks, Goal kicks

Team Game – 20 minutes

- Fun game that works on a skill
- Scrimmage 3v3 or other small teams

Stretch and Recap new skills – 5 minutes

Individual and Team Skills

Listed from easy to difficult. Work on the basics first. Included are some ideas on how to practice these skills. Be creative and come up with fun games to build skills.

Passing:

The most accurate pass is done with the inside of the foot. You try to contact as much of the ball as possible with your ankle locked and foot flexed. The non-kicking foot is planted directly to the side of the ball and the kicking foot swings through with the knee over the ball. The hips face the direction that the player intends to kick the ball.

Practice this by:

- Passing back and forth between players.
- Passing to names – Coach calls out a name. The person with the ball passes to that player.
- Hitting a target – Players try to pass directly to a goal post, tree or cone.
- Passing to open space – Having players understand that when their team mates are running you have to pass in front of them as the receiving player moves to open space.
- Give and Go – One player passes the ball to a stationary team mate and then runs (sprints) up the field (usually past a defender) and receives ball back from the team mate.
- Keep away – Three players form a small triangle and one defensive player is in the middle. The three players remain stationary and pass between each other using one or two touches only. The player in the middle tries to take the ball away from them. The player in the triangle that loses the ball goes in the middle.

Trapping:

Stopping and controlling the ball using different parts of the body: foot, thigh, chest, etc.

Practice this by:

- Partner Toss – In partners, one player tosses the ball to the other targeting a specific body part; they trap the ball and pass it back – do it 5 times then switch rolls
- Coach Toss – The coach tosses the ball to where he wants the player to practice the trap. They trap it, bring it to their feet and pass it to a specific place as quickly as possible.

- 500 – The coach or one player kicks or throws the ball into a group of other players and calls out a number in increments of 50. The player who successfully traps the ball gains those points. The player that reaches 500 first gets to take the place of the player passing the ball in.

Dribbling:

Moving or Running with the ball while keeping it close in your possession.

Practice this by:

- Dribble around cones – Place cones in a line, players dribble a ball back and forth between the cones as quickly as possible, trying to stay in control.
- Fast Dribble – The fastest way to dribble is using the top, outside part of the foot. This is used when there is not a defender close to you. Have players dribble as quickly as possible towards the goal and finishing with a shot on goal.
- Sharks and Minnows – Multiple players must dribble a ball within a certain boundary. The coach or other players without a ball try to take the ball away from the players with a ball.

Changing Direction: Changing the direction of the ball in order to move the ball where you want it to go, to keep it away from a defender, or find a teammate to pass it to. This is a very important skill especially for defenders who have to turn the ball away from their own goal.

Practice this by:

- Dribble Circles. Have players dribble in a circle or square to practice moving the ball in different directions.
- Goal kicks. The Coach or player kicks goal kicks out to the players. The player receives the ball and changes the direction to the outside of the field.
- Pull Back. Changing the direction by placing your foot on top of the ball and pulling it back, rotating on your other foot to then go in the opposite direction.

Shooting/Goal keeping: Ideal way to shoot is with the laces of your shoe. Lock ankle with toe pointed down. Follow through with your kick pointing your foot in the direction you want the ball to go. For extra power follow through and land on the foot that was used to kick the ball.

Practice this by:

- Line balls up and shoot.
- Ball Roll – Roll a ball towards the player and have them run to it and shoot.
- On Target – Divide the goal in imaginary section or with cones (the corners = 5points, middle = 1 etc.) Each player shoots 3-5 times to get the highest score.
- Goal keeping: Have goalie try to block teammate's shots.
- Drop kick: When a goalie picks up a ball, they may drop kick it or throw it into play.

Throw-ins: When the ball goes out of bounds on the side lines the team that did not kick it out throws the ball in to restart play. Throwing the ball in requires two hands over the head and both feet on the ground.

Practice this by:

- Repetition. Be creative.

- Drills – Some players are offense and run to get open (run up the side line, run to middle of field, run toward person throwing in the ball) while other players defend and try to get the ball that is thrown-in

Team Skills: All individual skills can be practiced together as a team. Putting skills together (dribble, pass, shoot) is how teams become awesome.

Communication on the field: Talking to each other and knowing the language of the game is key for a successful team.

Practice this by:

- Know your teammates names: Pass the ball around calling out names of the person you are passing too.
- Soccer Terms: Using simple terms to describe where you are helps the person with the ball know where to pass it.
 - Drop or Back – You are behind the player with the ball and they cannot move forward because of too many defenders. They can pass the ball backwards to you and then get open for a pass back.
 - Square – You are to the side of the player (perpendicular) and open for a pass
 - Through – You are running forward and the player with the ball could pass the ball through the defenders to open space in front of you.
 - Cross – You are open for a pass on the opposite side of the field.
- Where is your teammate: Have all the players dribble a ball around or wonder around a coned off area. Tell them to freeze and close their eyes. Then ask a player if they can remember who is in front, behind, or to the side of them. The goal is to know where your teammates are while you are dribbling the ball.

Positions: Look at the diagrams below to see team positioning. Teaching players to stay in certain parts of the field and play a position can be difficult at first. Younger players will simply want to run all over the field, following the ball. For a team to be effective and to have more fun players need to learn to play their position and work with each other.

- Forward: The players at the front of the field who mainly play offense and score a lot.
 - Main Skills Needed: Shooting, Getting to open space, Speed
- Midfield: The players in the middle of the field who play on both ends. They support both defense and offense, and transition from defense to offense after a turn over.
 - Main Skill Needed: Ball control, Passing, Seeing the field, Endurance
- Defender/Fullback: The players that protect your goal from the other team.
 - Main Skills Needed: Speed, Footwork and Field positioning, Tackling (taking the ball away from the offense).
- Goalie: Last defender of your own goal. They are allowed to use their hands.
 - Main Skills Needed: Not scared of the ball, Flexibility and Agility, Seeing the field and giving direction to defenders.

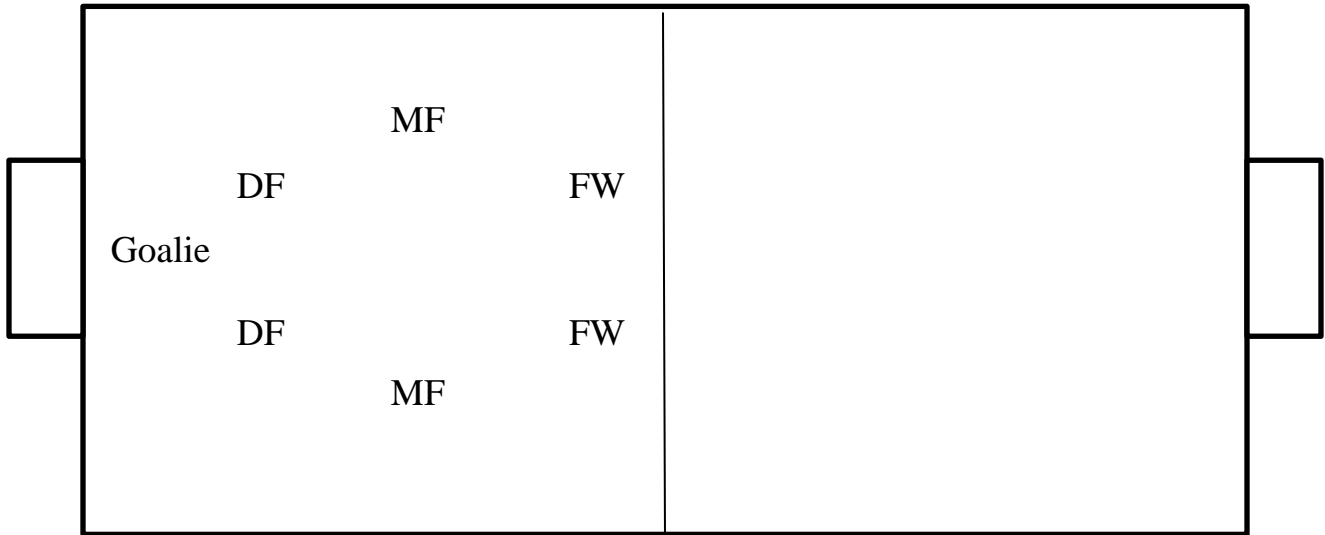
Specific Situations that need to be practiced:

- Kickoff: The beginning kick to start the game or restart after a goal. The ball has to be passed forward to another player initially and then can be kick backwards if necessary.

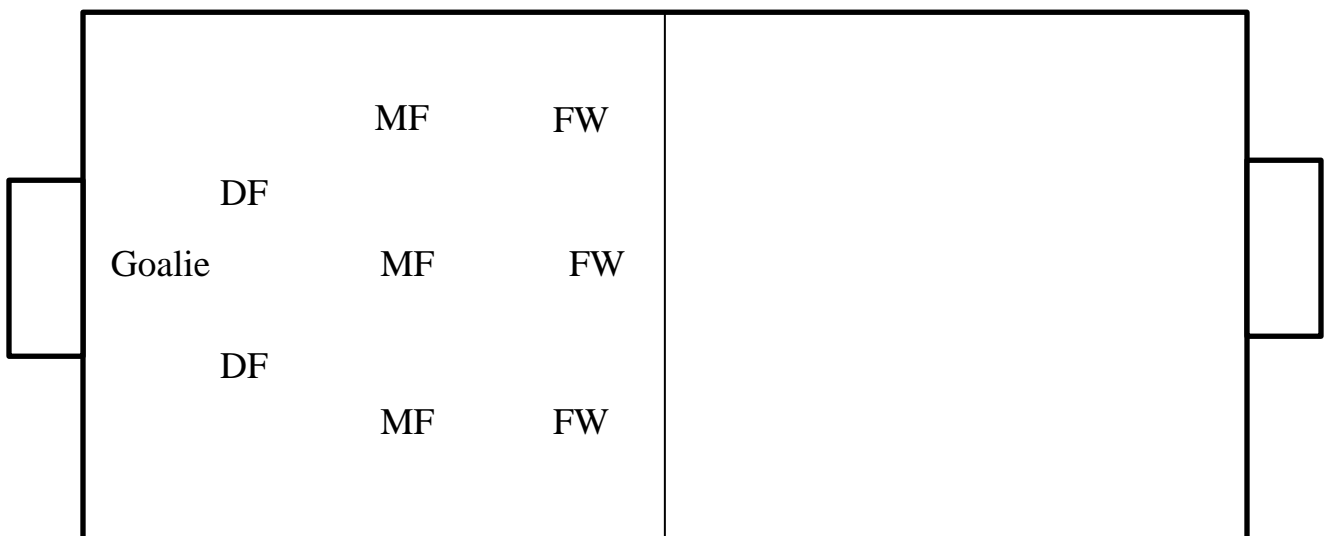
- Corner kick: When the ball crosses the end line and the last to touch it was the defending team. The offensive team places the ball at one of the corners and restarts the game by kicking it in towards the goal.
- Goal kick: When the ball crosses the end line and the last to touch it was the offense. The defensive team places the ball anywhere in the goalie box (or within five yards of the goal line) and restarts the game by kicking it outside of the penalty box toward the other end of the field.

Suggested Field Positions

7 verses 7



9 verses 9



FW – forward
MF – midfielder
DF – defender/fullback